

SENIOR SPARKS

MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION JULY 2020 ~

Happy Summer!

The heat has certainly arrived, and we hope you're all staying cool and safe!

The Senior Center building is still closed to the public, and we do not have a re-opening date as of now.

What we do know is that Senior Centers are not included in Phase II of the state's re-opening, and that the recommended CDC guideline for anyone 65+ or considered high risk is to continue to "stay home and stay safe" through all of Phase II. While we're all anxious to resume a sense of normalcy, we do want to stress the importance of keeping yourself safe through the re-opening phases.

For more information on the current guidelines and ways to protect yourself, visit <https://www.cdc.gov/coronavirus/2019-ncov>. And, if you have any questions at all, please call us at 860-429-0262 and we can direct you to the correct resource.

Over the coming month, we will be working closely with State leaders and Town officials to develop policies and procedures, as well as a timeline, for a safe reopening plan that aligns with the State and Health District's recommendations. We will be carefully considering exactly how to ensure your safety when we return, and what may become a new normal for our Center when we do reopen.

We will continue to use the Senior Center website, Facebook page, Sparks and emails to communicate any news or announcements, and we will let you know as soon as we do!

Although the building is not open, we are working daily and we are here for you! We continue to provide meal delivery, information and referrals, transportation to medical appointments, wellness calls, and maybe even safe, no-contact surprise visits once in a while! If you or anyone you know could use any support at all, please let us know. We've got a whole month full of fun in the pages ahead, too, so jump into the "Great Outdoors" in July and let us know what you find!

We miss you terribly, and we are thinking of you all the time!

Be safe and stay well!

Love,

Sarah, Jordan, Sharon & Mary



Mansfield Senior Center
303 Maple Road, Mansfield, CT 06268
Tel: 860-429-0262 Website: www.mansfieldct.gov/seniors

Explore The Great Outdoors in July!

Decorate Your Doors for the Great Outdoors!

Throughout the summer, we're challenging everyone in Mansfield to show your community spirit and decorate your front doors! Each month will feature a different theme, and we encourage you to let your creativity shine!

July's theme is
THE GREAT OUTDOORS



What do you love about the Great Outdoors?

What are your favorite memories
about being outside?

Once you've created your masterpiece,
snap a photo, share your story and send it to
us so we can compile a gallery of
Mansfield *Outdoors*!

No Campfire? No Problem!

Make S'mores at Home!



Ingredients:



8 regular size graham crackers, broken in 1/2

2 milk chocolate bars

8 marshmallows

Directions:

1. Preheat the oven to 400 degrees F.
2. Lay 1/2 of the graham crackers on a cookie sheet. Top with chocolate pieces to cover. Then top with a whole marshmallow.
3. Bake until the marshmallows are puffed and golden brown, about 3 to 5 minutes. Remove from the oven and top with the remaining graham crackers, pressing down slightly to make a sandwich. Serve immediately and enjoy!

Take a Hike!

July is National Parks & Recreation month, and we're encouraging you to get out there and enjoy the Great Outdoors! Mansfield is fortunate to have so many beautiful open spaces, and we've compiled a list of local trails and resources for you to explore right here in your own backyard! Many of these trails offer level, gravel paths, and Bicentennial Pond includes a universal access trail.

Discover all there is at Mansfield Hollow State Park!

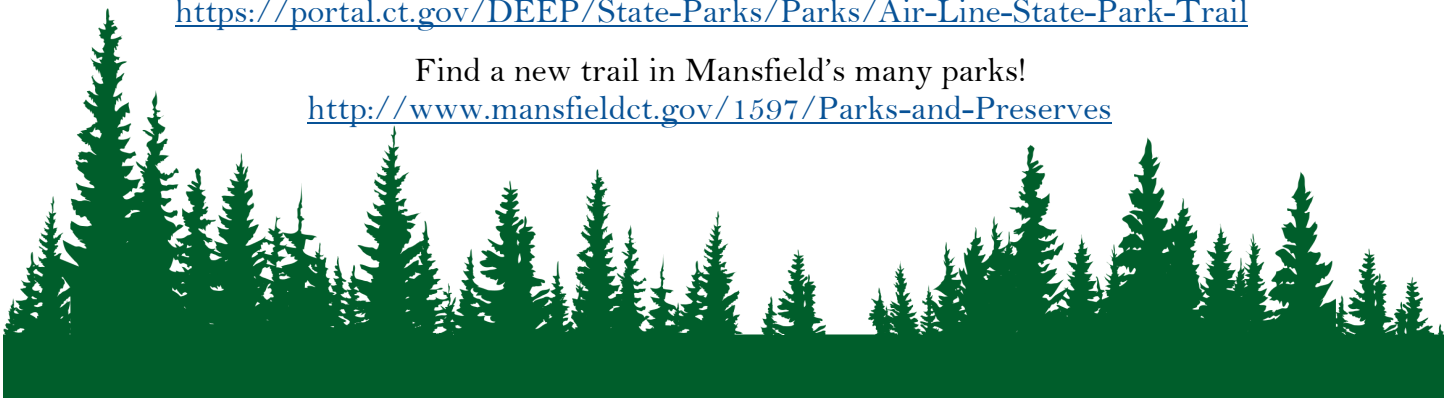
<https://portal.ct.gov/DEEP/State-Parks/Parks/Mansfield-Hollow-State-Park>

Take a walk along the historic Airline Trail!

<https://portal.ct.gov/DEEP/State-Parks/Parks/Air-Line-State-Park-Trail>

Find a new trail in Mansfield's many parks!

<http://www.mansfieldct.gov/1597/Parks-and-Preserves>



Special Announcements

New Grocery Delivery Program through Senior Resources



Are you having trouble adjusting to this new normal?

Are you finding it difficult to safely go grocery shopping?

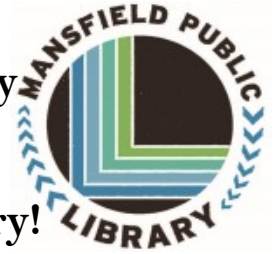
Senior Resources can help!

Call **860-887-3561** and ask to speak to a staff member about the **COVID-FOOD** Delivery Program.

When calling, please have your grocery list ready, and be prepared to answer a few eligibility questions, such as your age and any current programs you may be enrolled in.



Curbside Pick-Up, Homebound Delivery & Chromebooks available through the Mansfield Library!



Although the Library is still closed, curbside pick up for books & Chromebooks is available for Mansfield residents! If you are homebound or immunocompromised, you can also call to arrange for a no-contact drop off at your residence.

Chromebooks are small, Senior-friendly computers you can use to access the internet. If you don't have internet service at home, please note there are several places in town where you can access free wi-fi, including the Library, Town Hall and Community Center parking lots.

For information on any of these services, please call the Main branch at 860-423-2501. To request a Chromebook, please ask to speak to Sean Kegler.



July 4th Community Spirit Car Parade



Wednesday, July 1st



Decorate your cars with red, white, and blue and help us spread some 4th of July cheer to residents at Mansfield Center for Nursing and Rehabilitation and Juniper Hill Village in this safe, social distanced car parade! Please be sure to wear your masks and stay in your vehicles through the duration of the parade. We'll line up in the parking lot of the vacant church at the corner of Rtes 275 and 32 at 11:00am, and the Mansfield Fire Department will escort us as we swing through the neighborhood celebrating!

Please RSVP to Jordan Dabkowski at 860-487-9877 or dabkowskij@mansfieldct.org by Tuesday, June 30th so that we can let local authorities know how many cars to expect.

Online Programs

Join us for our new online programming! Using your smart phone, tablet, or computer, you can access fitness classes on our YouTube channel or join us for our weekly social hour in our Zoom room! New fitness classes are posted to our YouTube channel every week!

Yoga with Tami



Experience the many health benefits of this gentle restorative practice. All you need is a blanket and some pillows!

www.youtube.com

Search: Mansfield Senior Center

Strength and Stability with Margie

This cardio and toning class is designed to work your body at whatever level you're comfortable. You will need water bottles for weights, a round pillow for a ball, a towel for a band, and a hard kitchen chair.

www.youtube.com

Search: Mansfield Senior Center

Zoom Social Hour

Wednesdays at 1:00pm

Join your peers and Senior Center Staff for a chatty social hour!

www.zoom.us

Zoom Meeting ID: 844 8033 3179

Password: 3iYuap

Zoom Sing-Along



Mondays at 1:00pm

The more the merrier, so join us whether or not you can hold a tune!

www.zoom.us

Zoom Meeting ID: 893 1592 2993

Password: 4wjSeP

Yoga with Angie



Thursdays at 10:00am

Improve your flexibility with this interactive program!

www.zoom.us

Zoom Meeting ID: 853 6786 5877

Password: 547590

Genealogy Social Hour

Monday, June 8th at 2:00pm

Join this group to talk all things genealogy!

All are welcome!

www.zoom.us

Zoom Meeting ID: 924 7912 9071

Password: 6U7SXf

NEWSLETTER SPONSORS

FERRIGNO, REALTORS
1734 STORRS ROAD
STORRS, CT 06268
WWW.FERRIGNOREALTORS.COM

G.M. THOMPSON & SONS
54 MIDDLE TPK
MANSFIELD DEPOT, CT 06251
TEL: 860-429-9377

ANDREW MAINES CONSTRUCTION
HOME IMPROVEMENTS LARGE OR SMALL
LICENSED AND INSURED
STORRS, CT 860-208-3689

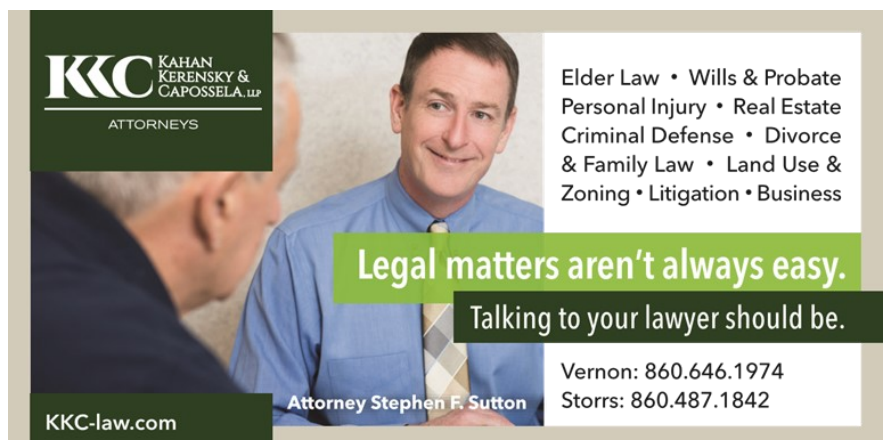


October Kitchen LLC
NOW DELIVERING TO
WILLINGTON,
MANSFIELD-STORRS
Healthy Home Style
Chef Made Meals
Weekly Delivery
Senior Friendly
Low Sodium
Just Heat and Eat!
860-533-0588
WWW.OCTOBERKITCHEN.COM
Retail Carry-Out Market
309 Green Rd, Manchester

HEALING EARTH NATURAL HEALTH, LLC
FRAN STORCH N.D.
476 STORRS RD., MANS CTR, CT 06250
860-423-2759



THE FARMER'S DOW
Cafe & Creamery
860-450-8408
Open Daily 7am to 9pm
86 Storrs Road, Mansfield CT
(Across from Eastbrook Mall)
Seniors Enjoy 10% OFF Tuesdays
Fresh Ice Cream
Panini & Wraps
Soups & Salads



KKC KAHAN KERENSKY & CAPOSELA, LLP
ATTORNEYS
Elder Law • Wills & Probate
Personal Injury • Real Estate
Criminal Defense • Divorce
& Family Law • Land Use & Zoning • Litigation • Business
Legal matters aren't always easy.
Talking to your lawyer should be.
Vernon: 860.646.1974
Storrs: 860.487.1842
Attorney Stephen F. Sutton
KKC-law.com

PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS -
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!

YOUR BUSINESS COULD BE HERE!

12 ISSUES OF ADVERTISING:

FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.

For more information, please contact the Human Services office at 860-429-3315.

Mansfield Senior Center
303 Maple Road
Mansfield, Connecticut 06268

Postmaster: Dated Material
Please Deliver Promptly

PUT LABEL
IN THIS BLOCK
TO COVER AREA

STAY CONNECTED & INFORMED

Town of Mansfield

www.mansfieldct.gov

Eastern Highlands Health District

www.ehhd.org

Center for Disease Control

www.cdc.gov

Medicare

www.medicare.gov

211 CT Infoline

www.211ct.org

Senior Resources Agency on Aging

seniorresourcesec.org

WRTD Dial-A-Ride Transportation

www.wrtd.org or 860-456-1462

Sparks Subscription

Please Note:

The date on your label is your renewal date.

Date: _____ Phone: _____

Name: _____

Mailing address: _____

Town: _____ Zip: _____

Renewal: _____ New: _____

\$12.00 for 12 issues

Amount Enclosed: _____

Please make checks payable to
Town of Mansfield

Mansfield Senior Center